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IT'S COLD, SO  
GO SWEDISH  
THE NORDIC  
SUPER DIET {page 21}



# TRON STAR ON DUCATIS AND DIETING SCENE {page 16}



OTTAWA

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Tuesday, December 14, 2010  
www.metronews.ca



News worth  
sharing.

# Group protests 'puppet council'

► Feds strike down band's customs: Assembly of First Nations ► Community can't agree on leadership, government counters ► Union members, environmentalists join protest



The federal government should butt out of Barriere Lake Algonquin First Nation, according to a throng of protesters who marched from Parliament to the Prime Minister's Office yesterday.

"They are imposing this puppet council

regime on us," said Tony Wawatie, a spokesman for the group from the remote Quebec community. The group is denouncing a move by Indian and Northern Affairs Canada to impose a band council selection process.

Wawatie alleged the federal and provincial governments are unhappy with the community's traditional council and their position on logging and management of natural resources.

● SEAN MCKIBBON

## Pogie How the poor stay poor

► Welfare council says people are forced into destitution before getting help ► Says rates fall far below poverty line {page 11}

## Favre's streak comes to an end

First time quarterback hasn't started a game since 1992 {page 27}



## Poet harnesses tasty passion

Author Maya Angelou brings talent to the kitchen {page 22}

## When parents want grandkids

How to swallow not-so-subtle hints this holiday {page 24}

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# Lawyer: Man's past kept him in jail



**SEAN  
MCKIBBIN**  
@METRONEWS.CA

A paranoid schizophrenic man who killed a police officer in 1977 spent almost a year in custody on stalking charges due to his troubled background and problems with the court and mental-health-care system, said Ken Hall, the

man's defence lawyer.

Fred Koepke, 56, received a three-year probation term yesterday, after pleading guilty to a single count of criminal harassment.

In 1978, Koepke was found not criminally responsible due to mental illness for the shooting death of 21-year-old Ottawa police Const. David

**"1978 is still haunting him."**  
DEFENCE LAWYER KEN HALL  
ON HIS CLIENT, FRED KOEPKE

Kirkwood.

Koepke was arrested Aug. 27, 2009 after a female neighbour complained to police about him following her and repeatedly showing up out-

side her house between April and August 2009.

Court heard Koepke did not utter any threats, but the victim still feared for her family's safety.

Koepke was fit for trial when he was arrested, but had problems getting his medication while jailed at the regional detention centre.

As a result, Koepke be-

came unfit, a March 29, 2010 trial was scrapped and he was transferred to the Royal Ottawa Hospital for treatment.

Justice Celine Dorval barred Koepke from contacting or going near his victim or owning weapons for 10 years. She also ordered that he reside at the Salvation Army's inner city health facility.

# Hockey gala to help fund Rink of Dreams

- Ottawa to host eighth annual Hockey Canada Foundation gala and golf tournament in June
- Watson: Event 'an exciting opportunity to showcase our city'



**JOE  
LOFARO**  
OTTAWA@METRONEWS.CA

"Build this arena and kids will skate," said Mayor Jim Watson yesterday as he helped announce that the annual Hockey Canada gala dinner will raise funds for the construction of a Rink of Dreams in Ottawa.

The gala will provide a legacy fund to build the refrigerated outdoor community rink in Ottawa and the Senators will be hard at work raising funds for this project, said the team's president, Cyril Leeder.

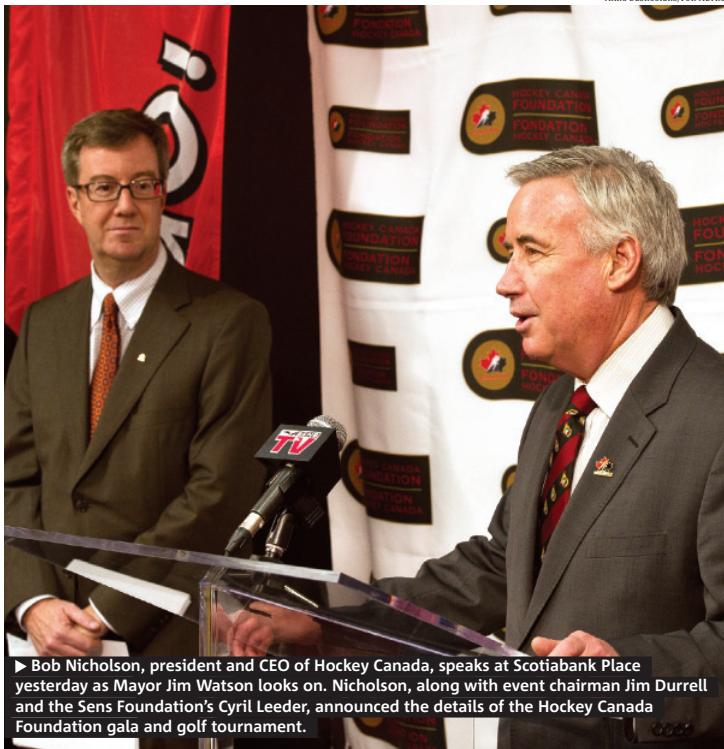
"The gala, we hope, will raise over \$350,000 to kick off the first Rink of Dreams project," he said.

Leeder, who attended the Montreal gala in 2009, said the Ottawa version will be a great opportunity for the Senators and the community to come together to do something special for the city.

Watson was equally excited about the announcement, saying it would be "the first of its kind" for Ottawa.

"The Senators have committed today to actually provide the top-up funds to make sure there's no cost to the taxpayers to build this Rink of Dreams," said Watson.

A committee will determine the rink's location, which will operate annually from November to March.



► Bob Nicholson, president and CEO of Hockey Canada, speaks at Scotiabank Place yesterday as Mayor Jim Watson looks on. Nicholson, along with event chairman Jim Durrell and the Sens Foundation's Cyril Leeder, announced the details of the Hockey Canada Foundation gala and golf tournament.



News on the move

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What can investors expect in 2011?  
Kindness, says Allan Small.  
More at [metronews.ca](http://metronews.ca).

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# Iran summons Canada's envoy over murder of teen in Ottawa

Iran's Foreign Ministry summoned Canada's charge d'affaires to call for a swift investigation into the murder of a young Iranian in Ottawa last week, the state news agency reported Sunday.

Yazdan Ghiasvand, 16, was shot and killed in Chinatown on Dec. 6 and three men have been charged with his murder. Police do not believe it was gang related.

Relations between the two nations have suffered recently over Canadian complaints about the Iranian human rights situation.

Prime Minister Stephen Harper's wife has lent her voice to an international appeal calling on the Iranian government to release a woman who has been sentenced to death by stoning.

Meanwhile, an Iranian-born man who is a permanent resident of Canada has been sentenced to death in Tehran in a case his supporters say is rife with torture and human rights abuses.

In that case, Canada has expressed its concern for what it calls "the continued flagrant disregard" of rights by the Iranian authorities.

A Canadian Foreign Affairs spokesman has said Canada and the international community are striving to hold Iran accountable for such human rights violations.

**THE CANADIAN PRESS**



For more information visit  
[metronews.ca](#)

# Director takes some of his own advice

► Nativity is only time audience will see Peter Hinton in action



TRACEY TONG  
@METRONEWS.CA

You know his name. You've likely seen his work.

But you've never seen him like this.

For the first time in 15 years — and the first time since becoming the artistic director of the National Arts Centre's English Theatre six years ago — Peter Hinton stepped into the spotlight after an actor unexpectedly pulled out of *Nativity* just as the show opened last week.

With only a few days to learn the lines, Hinton, who appeared in three roles for the first time over the weekend, called the experience "on one hand, terrifying, and on another

"If they're curious to see me act, they can come out until Dec. 23 and see me do it."

PETER HINTON, ARTISTIC DIRECTOR

hand, so much fun."

"I knew the show, and I was familiar with the script and the director, so I could move into it," he said. As he stepped out on the stage, he "felt both nervous and excited," he added.

Actors suddenly found themselves on stage with the big boss, which Hinton said was beneficial for everyone.

"It shows them a different side of me," Hinton said. "And as a director, it's a great reminder of what I



► Peter Hinton said he's trying to honour the performance that NAC English Theatre Company member Marcel Jeannin would have brought to the role, but is giving the characters his own spin.

ask them to do, because I have to do it myself."

Although he's loving the experience, and it has "piqued my interest to return to the stage," Hinton

— who said he loves and admires actors — said after this, audiences won't be seeing him in costume again — at least, "not consciously" and "not soon."

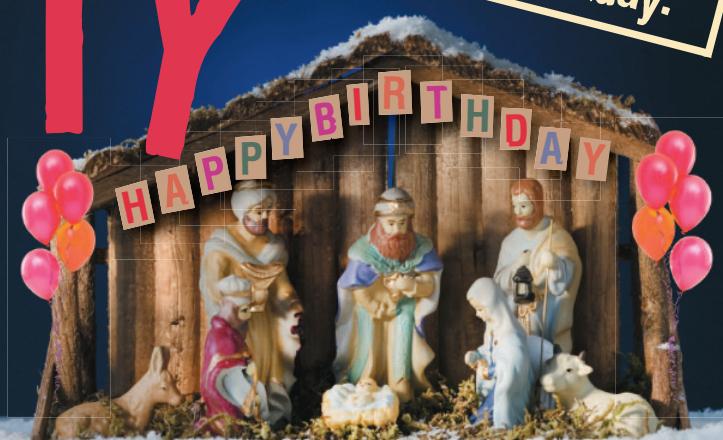
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**News in brief****Worker rescued following collapse of 10-foot trench**

**RESCUE.** A worker standing in a 10-foot-deep trench was injured after being buried to her waist in clay and dirt when the sides of the trench collapsed on her yesterday afternoon.

Due to the danger of further collapse, the Ottawa fire services special operations team was deployed and used hydraulic jacks and other rescue equipment to stabilize the trench walls so that teams could enter the collapse area to manually dig out the victim.

• TRACEY TONG

**More than 350 red-light tickets issued**

**TRAFFIC VIOLATIONS.** Red

light running was the dominant charge laid by Ottawa police last month, accounting for 353 of the 407 total charges laid.

Other charges included travelling the wrong way on roadways (36) and improper use of reserved transit lanes (18).

• TRACEY TONG

**Trainer, gym members treat man suffering seizure**

**FIRST AID.** Ottawa paramedics are crediting the quick actions of a personal trainer in saving a man's life at Goodlife Fitness in Orleans.

A 57-year-old male suffered a seizure, followed by a sudden cardiac arrest yesterday morning. A personal trainer, certified in CPR and public access defibrillator, along with two Goodlife fitness members, aided the man. He is in critical condition in hospital.

• TRACEY TONG

# A \$2.5M plan to put immigrants to work

► **Pharmacist among targeted occupations** ► **Language proficiency more 'challenge' than barrier:** Komarnicki



JOE LOFARO

OTTAWA@METRONEWS.CA



JOE LOFARO/FOR METRO

► "When you have the training ... we don't want you to be doing something that's not in that profession," said Ed Komarnicki yesterday as he announced the foreign credential recognition program.

Three Ottawa-area organizations will receive portions of the \$2.5 million that the federal government will be contributing to help immigrants find work in Canada.

The foreign credential recognition program, announced yesterday by Ed Komarnicki, parliamentary secretary to the minister of Human Resources and Skills Development, will help foreign-trained health-care workers find jobs in their fields.

"Helping newcomers find fulfilling and rewarding work contributes to our country's prosperity, so we must move along that

road," said Komarnicki.

In order to address the language barriers faced by many Canadian immigrants, part of the funding will go toward assessing language proficiency.

The program "will benchmark the language demands in English and in French of pharmacy occupations in Canada," said Marianne Kayed, senior project manager at the Ottawa-based Centre for Canadian Language Benchmarks.

Additional target occupations will receive funding in the second year of the program.

**Who gets what**

A breakdown of the program's funding:

- The Canadian Society of Respiratory Therapists (\$280,000)
- The Canadian Counselling and Psychotherapy Association (\$950,000)
- The Centre for Canadian Language Benchmarks (\$250,000)
- Montreal-based National Alliance of Respiratory Therapy Regulatory Bodies (\$1 million)

240

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# Police: All 10 shooting victims had gang ties

► Weekend gunplay spanned several blocks outside restaurant on Vancouver's upscale west side

Vancouver police say they suspected another eruption in Vancouver's gang war was coming, even before a weekend shooting at an invitation-only birthday party left 10 people wounded.

Eight people remained in hospital yesterday after the brazen shootout and police said all are considered by police to be victims, though police also said all have gang ties. No suspects are in custody and no charges have been laid.

Vancouver police Chief Jim Chu said Vancouver's

## Gang shootout

- The shootout prompted several calls to 911, including one from Vancouver Mayor Gregor Robertson, who lives within a few blocks of the crime scene in the usually quiet neighbourhood.
- All of the victims are between the ages of 20 and 36.

obvious gang problem has been relatively quiet for most of 2010, compared with the many

killings in 2009.

But a slaying in October appears to have led to the latest explosion of violence.

"We had a little bit of a lull but there is always tensions beneath the surface and the latest outbreak is connected to the targeted hit of Gurmit Singh Dhak," Chu said.

The 32-year-old Dhak was gunned down on Oct. 16 in the parking lot of a huge suburban shopping mall and police suspected his death would trigger a gang war.

THE CANADIAN PRESS

**WikiLeaks.** Pique.



► A supporter of WikiLeaks founder Julian Assange, participates at a demonstration outside the Swedish Embassy in central London, yesterday, ahead of the hearing of Assange's extradition case to Sweden.

LEFEVRE/PITAKRIS/THE ASSOCIATED PRESS

## Assange supporters outraged

WikiLeaks founder Julian Assange remains in a U.K. jail ahead of today's hearing where he plans to fight Sweden's request to extradite him to face sex crimes allegations there. His detention is seen by supporters as politically motivated, after WikiLeaks outraged American officials by publishing hundreds of thousands of classified U.S. diplomatic cables in recent weeks.

## Fergie Jenkins honoured with stamp

From an ancestor of slaves to baseball's hall of fame and having his image on a Canadian stamp, Ferguson Jenkins has come a long way in his 68 years. THE CANADIAN PRESS

## Space probe reaches zero solar wind zone

NASA says the long-running Voyager 1 space-craft hurtling toward the edge of the solar system has reached another milestone. THE CANADIAN PRESS

## 'Don't ask, don't tell' lawsuit filed

Three military veterans who were discharged under the law that prohibits gays from serving openly in uniform sued the government yesterday to be reinstated. THE CANADIAN PRESS

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# Arrest in stabbing

► Passersby rescue woman being assaulted on busy Toronto street

A Toronto man has been charged after a woman was stabbed outside a Tim Hortons at the city's bustling Yonge and Eglinton intersection just past 7:30 a.m. yesterday. The woman's husband, Adrian Tidd, 57, of Toronto has

been charged with attempted murder, aggravated assault and assault with a weapon.

Police say witnesses were instrumental in assisting the woman and helping lead officers to the suspect.

Witnesses on the street and inside the coffee shop saw a woman in the passenger seat of a minivan being stabbed in the back and face by the driver.

"(Two witnesses) struggled to pull her out of the car as she was being

stabbed, and a whole bunch of people from inside the store came out as well," said Det. Murray Barnes.

The woman, who has not been identified, was taken to hospital with serious injuries. ■ METRO

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## Berlusconi faces crucial vote

**2013** Berlusconi offered to negotiate a new legislative agenda that would allow the government to survive until elections in 2013.

Italian Prime Minister Silvio Berlusconi battled for political survival yesterday, warning lawmakers they risked plunging the country into financial instability unless they support his government in a pair of confidence votes.

The showdown in parliament today is a do-or-die

test for Berlusconi midway through his five year-term. The Italian leader has insisted he will survive and he appeared confident yesterday, but the outcome is unpredictable and will likely be determined by a handful of swing lawmakers. ■ THE ASSOCIATED PRESS

## Woman wins veil case in France

fined 31-year-old Sandrine Moulères in April, saying she did not have a clear field of vision, but the court quashed the fine yesterday.

Jean-Michel Pollono, Moulères' attorney, said the court in Nantes decided that the veil "moves with the head and does not hinder visibility," and therefore does not go against the driving code cited by police.

The case drew wide media attention in France. ■ THE ASSOCIATED PRESS

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# 'Giant' of American policy dead at 69

► U.S. diplomat Richard Holbrooke won admiration, animosity for role in Vietnam, Bosnia and Afghanistan

Richard Holbrooke, a feisty U.S. diplomat who wrote part of the Pentagon Papers, was the architect of the 1995 Bosnia peace plan and served as President Barack Obama's special envoy to Pakistan and Afghanistan, died yesterday, an administration official said. He was 69.

The official spoke on condition of anonymity because the family had yet to make a formal announcement of Holbrooke's death.

Holbrooke, whose forceful style earned him nicknames such as The Bulldozer, was admitted to the hospital on Friday after becoming ill at the State Department. The former U.S. ambassador to the United Nations had surgery Saturday to repair a tear in his aorta.

Earlier yesterday, Obama praised Holbrooke for making America safer. "He is simply one of the giants of American foreign policy," Obama said.



Holbrooke served under every Democratic president from John F. Kennedy to Obama in a lengthy career that began with a foreign service posting in Vietnam in 1962 after graduating from Brown University. It included time as a member of the U.S. delegation to the Paris Peace Talks on Vietnam.

His sizable ego, tenacity and willingness to push hard for diplomatic results won him both admiration and animosity.

"He's a bulldog for the globe," Tim Wirth, president of the United Nations Foundation, once said.

THE ASSOCIATED PRESS

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Natural. Disaster



► Residents wait for boats in order to cross flooded roads in Canita, Panama, yesterday.

Residents flee floods in Panama

Heavy rains and flooding in Panama have killed 10 people and forced more than 4,700 from their homes, according to Panama's Civil Protection System.

ARNULFO FRANCO/THE ASSOCIATED PRESS

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# Website seeks input on future of health care

► Canadians told: 'Stand up, be vocal' ► System faces big challenges, such as drug costs, aging population

Canadians are being asked to write their own prescription for the future of the country's health-care system.

The Canadian Medical Association has created a website to seek opinions on questions likely to play a large role in the coming debate on health-care reform.

The current federal-provincial health accord is set to expire in 2014.

"There is going to be a lot of discussion that takes place over the next year or two and Canadians have to be heard," said Dr. Jeff Turnbull, president of the CMA. "They have to design the health-care system for their future."

## Issues

The CMA website ([www.healthcaretransformation.ca](http://www.healthcaretransformation.ca)) says there are three topics up for discussion:

- Expansion of the Canada Health Act.
- The definition of value for money in health care.
- What responsibility Canadians should take for their own health.

The discussions will come as drug costs soar and the population continues to age, but also as federal and provincial governments continue to try to wrestle

down deficits.

Conservative cabinet ministers have already sent signals that current levels of transfer payments to the provinces aren't set in stone.

While doctors may know the complex nature of the system, it's patients who are affected by its inner workings, said Turnbull.

"It is the patient who is waiting in our emergency department; it is the patient who can't get into long-term care, it is the patient who had their surgery cancelled yet again," he said. "Those people have to stand up, be vocal."

THE CANADIAN PRESS

**Sinkhole. Big mess**



► An official takes a picture of a large sinkhole that developed Sunday on Marine Drive in Vancouver.

RICHARD LAM/THE CANADIAN PRESS

## Vancouver street collapses

Officials are still trying to determine the exact cause of the sinkhole, which will take several days to repair.

## Graham James out on bail

Former junior hockey coach and convicted sex offender Graham James has been released on bail and is allowed to live in the Montreal area until his trial on new sexual assault charges in Winnipeg.

After two days of hearings over two weeks, James was expected in court yesterday to finalize his bail conditions. But documents indicate that a justice of the peace signed off on his release late Friday afternoon after James

posted \$10,000 in cash.

Former Calgary Flames forward Theo Fleury, the only one of the three new complainants who can be identified, said he wasn't surprised James had been released with no public notice. THE CANADIAN PRESS

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# Canada's safety net has holes

► People forced into destitution before receiving welfare: Report ► Provinces urged to ease up on asset limits

It is tougher to get welfare in Canada today than during the economic downturn of the early 1990s, the National Council of Welfare says in its latest report.

That's because Ontario and most other provinces force people to drain their bank accounts and spend all of their savings before they qualify for help, says the report, released in Ottawa yesterday.

As a result, it is almost impossible for those living on welfare to get back on their feet, says the council.

Other problems include rates that fall far below any definition of poverty and welfare claw-backs

## Disparity

- The highest welfare income for an employable single person was \$9,593 in Newfoundland. The lowest was \$3,773 in New Brunswick.
- Manitoba had the most generous asset limits, allowing employable people to keep up to \$4,000 per person.
- P.E.I. had the lowest asset limits, allowing as little as \$50 for an employable person or single parent.

that leave those who find some work no further ahead, the report notes.

TORSTAR NEWS SERVICE



## Haiti leaders get warning

Canada and the U.S. bluntly warned Haitian leaders yesterday to get their political house in order after a week of post-election chaos that has left the impoverished country with no clear political way forward.

# Iranian foreign minister gets boot



**"Our relationship with Iran is not toward any one individual. It is toward the country."**

HILLARY RODHAM CLINTON

## Did suicide bomber act alone?

say, he died in a botched suicide bombing in Stockholm. Authorities are now trying to learn when he was radicalized, whether he had accomplices — and how a man whose radical views were displayed both online and in person escaped official notice.

Authorities are certain the bomber was Abdulwahab, an Iraq-born Swede who spent the past decade in Britain. THE ASSOCIATED PRESS

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# Bank of Canada chief warns of reckoning

► Mark Carney says cheap money is not a long-term growth strategy  
 ► He warns when the reckoning comes it will be swift and brutal

Bank of Canada governor Mark Carney is issuing a broad warning to Canadians, firms and governments that the financial and economic crisis is far from over and they need to rein in their appetite for cheap money.

Returning to a theme he began speaking about last week, Carney told the Economic Club in Toronto that the global recovery is so weak that advanced nations may need to keep interest rates super-low for a long period, and the U.S. may have to resort to yet another round of printing money.

"(But) cheap money is not a long-term growth strategy," he warned.

"Experience suggests that prolonged periods of unusually low rates can

## 40

**Over a dozen countries are now accumulating reserves at double-digit annual rates. Countries representing over 40 per cent of the U.S.-dollar trade weight are now managing their currencies, or subtly manipulating them.**

cloud assessments of financial risks, induce a search for yield and delay balance sheet adjustments."

For Canadians, he noted with alarm that household credit has grown by seven per cent since the recession's trough, compared to a 3.5 per cent decline in



► Bank of Canada governor Mark Carney at the Economic Club of Canada lunch in Toronto yesterday.

the U.S., perhaps an indication that Canadians believe the easy ride on debt payments will be permanent.

The Bank of Canada will set interest rates based on inflation, not on whether a

large swath of Canadians have taken on too much debt, he added. In fact, he suggested the bank may tighten even in a low-inflation environment to discourage risky behaviour.

THE CANADIAN PRESS

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### VIDEO STREAMING

## Netflix adds new programs

Live. Some of the shows are already available to watch. "TV content continues to be extremely popular with our members, and we believe that they will be



delighted with the expanding list of critically acclaimed and popular TV series available to watch instantly," said Kelly Merryman, vice-president of content acquisition for Netflix.

Netflix made its Canadian debut in September with a streaming-only service.

THE CANADIAN PRESS

## We've Got a Great British Christmas Planned

### English Premier League Xmas Items



### Christmas Gift Baskets



### Shortbreads and Biscuits



### Selection Boxes



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### Marks & Spencer Christmas Cakes and Puddings



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# HAUNTED BY HAIR SALON HORRORS

**She says ...**

**JESSICA NAPIER**



I think we've all shed a few tears over a particularly terrible haircut at some point in our lives. If you've never broken down in front of the mirror over your hair, well, I guess you're just a little more emotionally stable than the rest of us.

I'm not proud of it, but I've hosted a number of pity parties for myself in the hours following a disastrous cut and blow. And, of course, the most horrendous hair mistakes always seem to happen days before an important and highly photographed event. So bad is my history with hair care that I've gotten to the point where I no longer trust any of these pow-

er-tripping, round-brush wielding stylists.

Every salon visit seems to go a little something like this:

Me: "Just a trim please, I still want to keep the length."

Hairstylist: "Got it. You want it much shorter and with lots of layers."

Me: "No, no layers, I hate layers. Just a trim please."

Hairstylist: "All right, so I'll be cutting off about five inches and giving you 'The Rachel' from Friends circa 1994."

Clearly, none of us mere mortals stands a chance against these perfectly coiffed professionals with their confus-

ing double-speak about feathering techniques and proper follicle maintenance.

And, so, I almost always leave the salon mourning the loss of my long locks and a hard-earned \$50, even more when I am guilted into purchasing an armful of pretentious shampoos and serums that I really don't need and certainly can't afford. One time I even walked away with a bloody ear after a scissor-happy stylist got a little carried away.

I can't think of any other people that I pay to make me this miserable, except maybe my dentist.

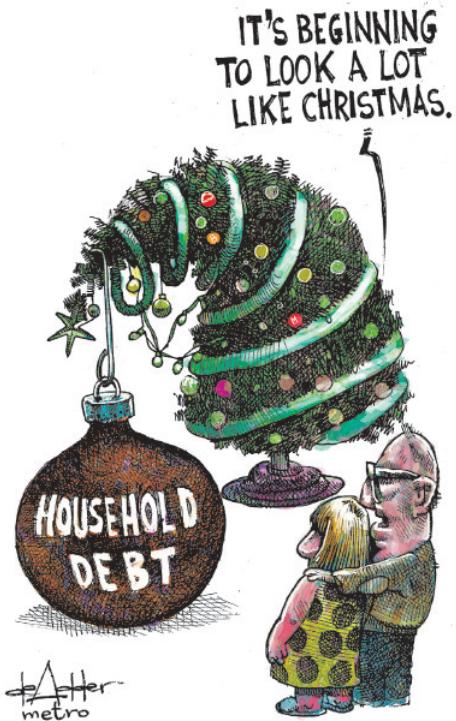
Just last week I found myself tearing up in front of the mirror while scrutinizing my latest chop; traumatized yet again by too-short-tresses and 1990s sitcom-star inspired layers. Yes, I know it's just hair and it'll grow back, but at the time it always seems so devastating.

I've had plenty of horrific hairdos (make that hair-don'ts) over the course of my 25 years. A perm, bangs, another perm ... but the most important thing I've learned is that you should never, ever get a haircut in a foreign country. Trust me when I tell you, North American women cannot pull off an edgy Euro-mullet.

Read more of  
Jessica Napier's columns  
at metronews.ca/shesays

## Cartoon

MICHAEL DE ADDER



## Not your typical tourist spot

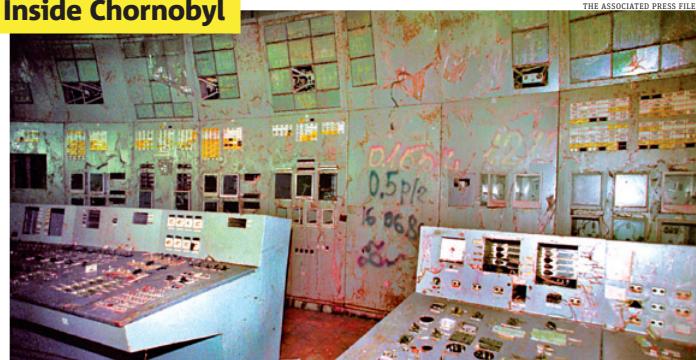
### Worth mentioning

Want a better understanding of the world's worst nuclear disaster? Come tour the Chernobyl nuclear power plant.

Beginning next year, Ukraine plans to open up the sealed zone around the Chernobyl reactor to visitors who wish to learn more about the tragedy that occurred nearly a quarter of a century ago, the Emergency Situations Ministry said yesterday.

Chernobyl's reactor No. 4 exploded April 26, 1986, spewing radiation over a large swath of northern Europe. Hundreds of thousands of people were resettled from areas contaminated with radiation fallout in Ukraine, Belarus

### Inside Chernobyl



and Russia. Related health problems still persist.

The so-called exclusion zone, a highly contaminated area within a 50-kilometre radius of the exploded reactor, was evacuated and sealed off in the aftermath of the explosion. All visits were prohibited.

A few firms now offer tours to the restricted

area, but the government says those tours are illegal and their safety is not guaranteed. Emergency Situations Ministry spokeswoman Yulia Yershova said experts are developing travel routes that will be both medically safe and informative for Ukrainians, as well as foreign visitors.

THE ASSOCIATED PRESS

**What's your favourite tourist destination? Why?**

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Metro has the right to edit letters and submissions.

## Metro Minute with Handel's Messiah

The Hallelujah Chorus is as much a part of Christmas as candy canes and gingerbread, and today and tomorrow, the National Arts Centre Orchestra celebrates the season with two performances of Handel's Messiah. Making his NAC debut, conductor Graeme Jenkins leads soprano Ann Monoyios, Canadian mezzo-soprano Elizabeth Turn-

bull, tenor James Charles Taylor and baritone Michael Todd Simpson in Messiah, the quintessential music ritual of the holiday season. Don't forget to stand for the Hallelujah chorus — a tradition that was born when the king at the time that Handel composed the score rose to his feet for the music.

● TRACEY TONG



► Although often regarded as Christmas music, Messiah was actually written for Easter. George Frederic Handel composed Messiah in 24 days without once leaving his house. Check it out at the NAC at 7 tonight and tomorrow.

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## News in brief



British actress and model Elizabeth Hurley says she has separated from her Indian husband of three years, Arun Nayar.

Hurley's announcement on her Twitter account comes amid reports in British tabloids linking her romantically to Australian cricket star Shane Warne. Warne confirmed he has also split from his wife.

"Not a great day," Hurley, 45, tweeted Sunday. "For the record, my husband Arun & I separated a few months ago."

The couple married in 2007 at a castle outside of London. They followed up the private civil ceremony with a lavish and traditional Hindi wedding in Jodhpur, India.

Hurley, 45, dated actor Hugh Grant for more than a decade and has an eight-year-old son, Damian, from a relationship with film producer Steve Bing.

**THE ASSOCIATED PRESS**

# Tron star about to go On the Road

► Best known for smaller roles in Friday Night Lights and Four Brothers, Garrett Hedlund takes centre stage in Tron: Legacy



NED EHRBAR

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METRO WORLD NEWS IN LOS ANGELES

Garrett Hedlund's schedule is getting pretty full these days, with two films — Tron: Legacy and Country Strong — hitting theaters and another, On the Road, just completed. The ever-humble Minnesota native, talked with Metro about heading up a franchise, motorcycle envy and crash diets.

**How does it feel stepping into the lead role here? Playing Jeff Bridges' son, you have an even bigger role than he does.**

With the films I've done prior, even before I'd gotten my first role, I'd kind of formulated in my mind that if I'm an actor, all I really want to be is a piece of the puzzle, but I never wanted to be the picture of the puzzle. I always concentrated on being in films with great actors that I could learn from.

**The studio obviously has a franchise in mind for Tron. Are you ready to be a part of something like this for a while?**

When I wanted to come out to L.A. to be an actor, all my other friends that were very serious about acting wanted to go to New York and wanted to be in theater. I wanted to

be in film. I didn't want to do television, I just wanted to do film. I know that within this film, and in order to appease everything that's applied and necessary, you have to be willing and able to do everything that comes along with the package.

**Did you do your own motorcycle work for Tron: Legacy?**

Yes. I drove a motorcycle a little bit on the farm in Minnesota growing up, just dirt bikes and stuff. But actually handling this Ducati... I mean, you could get up to 80 miles an hour in first gear, so it was kind of a dangerous machine, especially to drive un-helmeted. In a big kind of Disney production, producers aren't happy about these things.

**This is a pretty big year for you, with Tron: Legacy and Country Strong. How did manage everything?**

It's been a weird line of transitions, because for two years I was prepping for On the Road, so by the time I did Tron, I'd had to start a massive amount of training. I got with the trainer and then I had to lose 30 pounds to get back into the suit. It was just so chaotic. It's been such a multiple-personality-disordered year. I don't know if that makes sense.



► Actor Garrett Hedlund arrives at the premiere of the feature film Tron: Legacy in Los Angeles on Saturday.

## Bieber in Twitter top 10

Canadian Justin Bieber has made another big year-end list, this time making Twitter's top 10 trends of 2010.

The social networking site says 25 billion tweets have been sent this year so far, and the top trend was talk about the Gulf of Mexico oil spill.

Second was the World Cup, which generated massive attention and chatter worldwide. Vuvuzela, the buzzing horn that was the unofficial soundtrack to the

event in South Africa, was fifth, and Pulpit Paul, the score-predicting octopus, was 10th.

The movie Inception was third, the earthquake in Haiti was fourth, the iPad was sixth, and Google Android was seventh.

Bieber, who has more than 6.3 million followers on Twitter, was eighth and Harry Potter & the Deathly Hallows was ninth.

Bieber fans responded with outrage earlier in the

year after his name stopped appearing on Twitter's list of trending topic.

Twitter explained that once a topic has become very popular it's harder to appear on the list, which identifies topics that are increasing in popularity.

So Bieber fans responded by finding another way to get their hero on the list. They continued to constantly tweet about him but referred to him as Bustin Bieber. **THE CANADIAN PRESS**

CHARLES SYKES/THE CANADIAN PRESS



► Justin Bieber

## Bed Intruder tops poll

Antoine Dodson's dramatic reaction to the attempted rape of his sister has spawned the most-watched YouTube video of the year, excepting music videos.

Video that turned Dodson's rant into a song, Bed Intruder Song, became an Internet sensation, with more than 61 million views. **THE ASSOCIATED PRESS**

Buy it | Rent it | Borrow it | Yawn | Don't bother

## Cyrus breaks rom-com clichés

**Cyrus**  
(Fox Searchlight)

★★½  
The most sincere moment in any movie you are likely to see this year comes in the twitch of an angry neck vein.

It's the involuntary reaction of John C. Reilly's put-upon character John, as he suddenly realizes diplomacy is getting him nowhere. His massive mitts are near the neck of his tormenter Cyrus (Jonah Hill), the 21-year-old son of John's new girlfriend Molly (Marisa Tomei).

Cyrus has mommy issues. He still lives at home — dad is long gone — and he's not happy about another man entering Molly's life. He understands that he's difficult to get close to ("I get overly excited sometimes")



► John C. Reilly, left, and Jonah Hill in *Cyrus*.

but he can't help himself. Neither can John, who also operates on self-destructive instincts. He recognizes a lot of Cyrus in himself.

This latest minimalist study in maximum emotions comes from talented brothers Mark and Jay Duplass. It finds truth in those moments between spoken words, when the flick of an eyelid, the pulse of a vein or the purse of the lips betray things that might otherwise not be stated.

This could be a horror or suspense movie, and in

some ways, it is — the soundtrack often takes on the rapid-pulse aspects of a thriller. Cyrus obviously has emotional and possibly mental issues, but they're not clearly defined. There's no telling what he's prepared to do to keep mommy to himself.

No necks were harmed in the making of *Cyrus*, but many tired relationship clichés were.

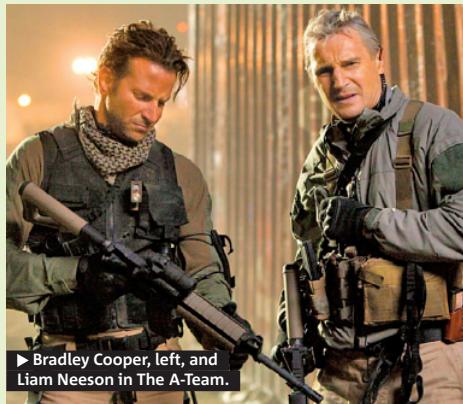
Extras include deleted scenes, a Q&A with the Duplass bros and a music mash-up with Reilly and Hill. ● PETER HOWELL

## Remake earns an 'A' for action

**The A-Team**  
(20th Century Fox)

★★★  
Acting like a cartoon is the whole point of *The A-Team* and also the main appeal of this adapted '80s TV actioner, which is actually smarter than it needs to be. In this case, gratefully, "dumb" isn't a synonym for "idiotic."

Director Joe Carnahan remains true to *A-Team* lore: a quartet of ex-military aces, benevolent brutes, all band together to right wrongs and settle scores anywhere in the world, shedding only the blood permitted by the U.S. PG-13 rating.



► Bradley Cooper, left, and Liam Neeson in *The A-Team*.

Liam Neeson takes last year's *Taken* to its logical next level by marching into George Peppard's role of Col. Hannibal Smith, a cigar-chomping square jaw with fatherly mien and boyish enthusiasm. Bradley Cooper, Sharlto Copley and Quinton

"Rampage" Jackson complete these amusing 'B' versions of the original 'A's. I pity the fool who fails to share the popcorn. Extras, mostly on the Blu-ray, include director's commentary, a highlights mash-up and deleted and extended scenes. ● PETER HOWELL

## Ferrell's buddy cop comedy falls flat

**The Other Guys**  
(Sony Pictures)

★★  
The abiding philosophy of funnyman Will Ferrell and his directorial accomplice Adam McKay is that any joke worth cracking is worth pounding into the

pavement.

The *Other Guys*, a buddy-cop comedy pairing Ferrell with Mark Wahlberg, takes this nag-flailing fault to extremes. We get infinite variations of sexist and homophobic humour involving a dumb cop (Wahlberg) and a really dumb cop (Ferrell).

Michael Keaton's stiff-necked police captain and Steve Coogan's scheming Wall Streeter might also have worked better, had the script offered them anything more than sim-

ply mugging for the camera.

Eva Mendes manages to escape the satirical shackles in her role as Ferrell's long-suffering wife. She provides the inspired lunacy missing from most of the picture, especially in a scene where she dead-pans sings *Pimp's Don't Cry* to her depressed hubby.

Extras, mainly on the DVD, include deleted and extended scenes and numerous gag featurettes. ● PETER HOWELL



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## Celebrity tweets



**Elizabeth Hurley**  
[@Elizabeth Hurley] Not a great day. For the record, my husband Arun & I separated a few months ago. Our close family & friends were aware of this.



**Billy Ray Cyrus**  
[@billyray cyrus] Sorry guys. I had no idea. Just saw this stuff for the first time myself. Im so sad. There is much beyond my control right now.



**Conan O'Brien**  
[@Conan O'Brien] I am almost at 2 million Twitter followers! I am going to tell my grandkids about this — right after I explain to them what "Twitter" was.



**Andy Roddick**  
[@andy roddick] im about to make THE DECISION of the morning... i think i'm gonna take my talents to Coffee Bean

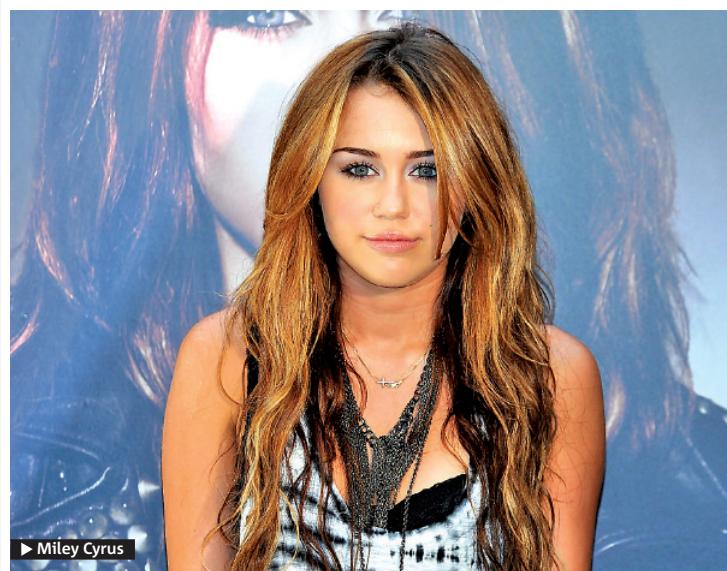
## Chris Rock handy in an emergency

One Chris Rock fan got quite the special treatment when her water broke at a New Jersey mall while the comic actor was close by, according to Us Weekly. Witnesses say Rock told jokes to keep the woman and bystanders calm until paramedics arrived.

"He was making the crowd and the woman in labour laugh," a source says. "She recognized who he was immediately, and he stayed there until the paramedics took her away." **METRO**

# Miley's leaked video sparks salvia sales

► Video shot at L.A. house party allegedly shows Cyrus taking hits of psychedelic herb from a bong



While the recent leaked video of Miley Cyrus smoking the salvia, which is legal in California, may prove to have consequences for her career, it's doing wonders for sales of the psychedelic herb, ac-

cording to TMZ.

Sales of salvia have tripled since the video's release late last week, according to the website, which polled several Los Angeles head shops.

Costumers have been

asking for "the stuff Miley was smoking," one shop worker says.

"Salvia is one of those things that you only try once because it is so intense."

**METRO**

## Did Handler ding Jolie at box office?

Angelina Jolie's new movie, *The Tourist*, opened to lower-than-expected box office receipts, and some industry sources suggest Chelsea Handler's recent anti-Jolie tirade may have something to do with it.

"It's not that Chelsea is

the most powerful movie critic the world has ever known, it's that she reminded all of America what Angelina had done all over again," an unnamed executive tells *Pooper*.

"Chelsea picked an ugly scab off a wound that An-

gelina had worked so hard to heal with her humanitarian work. What woman in America is going to pay money to see Angelina ruin in one man's life on screen when we all saw her [ruin Jennifer Aniston's marriage] for free in real life?"

**METRO**

# Pancakes are Bieber's true love: Gomez

Selena Gomez is batting off rumors that a recent breakfast date with Justin Bieber in Philadelphia was anything serious.

"It was pancakes. Who doesn't like pancakes?" she tells MTV News.

"We were both performing in the same place so we went and had pancakes together. That's all it is. All innocent."

The two were photographed leaving the breakfast spot walking arm-in-arm.

**METRO**



► Selena Gomez

## Lohan's still not laughing at Paltrow's Glee joke

While Gwyneth Paltrow's guest spot on *Glee* may have aired a month ago, Lindsay Lohan is still reportedly smarting over the jokes Paltrow made on the show at the troubled starlet's expense, according to Radar Online.

"She called me and was upset and said, 'Why did [Gwyneth] have to do that?'" Lindsay's mom, Diana Lohan, tells the website.

"Gwyneth went overboard and it was unnecessary."

### En Español

► In her guest turn on *Glee*, Paltrow played a Spanish substitute teacher who asks her class: "Lindsay Lohan is totally crazy, right? How many times has Lindsay Lohan been to rehab? ...Five. Five times."

sary. Lindsay thought she was a friend and it was disappointing. It was hurtful and not funny." **METRO**

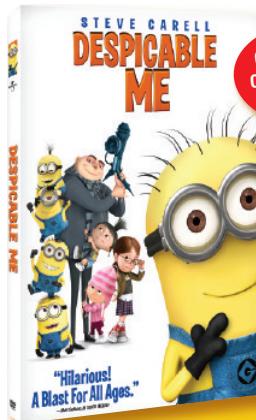
## Cage starts paying off \$14M in back taxes

**\$360,545**  
So far, the actor has paid back \$360,545 of the back taxes he owes from 2002 to 2004, according to TMZ.

Nicolas Cage's finances are slowly on the road to recovery after he was hit last year with an IRS bill total close to \$14 million in unpaid taxes and fees.

Cage had previously blamed his former business manager for getting him into so much trouble.

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# Send holiday stress down the chimney

► Clinical psychologist identifies reasons why Christmas season can cause headaches ► Study shows holiday linked to heart attacks

**CELIA MILNE**  
WELLNESS@METRONEWS.CA

As the Christmas carol goes, "You'd better not cry."

But if you feel like it, you wouldn't be alone.

Christmas and New Year's can be a stressful and even a sad time of year for some people. "The holidays are a time that can be very joyful, with celebrations, good food and time spent with family. But they can also be very stressful because of numerous demands placed on people," says Katy Kamkar, a clinical psychologist in Toronto.

Metro asked Kamkar, who is acting treatment head of the Work, Stress and Health Program at the Centre for Addiction and Mental Health, to explain why the holidays can be a downer for some people.

## Stress

Holidays a trigger for heart attacks?

► Triggers Along with blizzards, earthquakes, job strain, violence, sexual activity, smoking, using cocaine and air pollution, this time of year has been identified as one of the clinical triggers of myocardial infarction, according to an August 2010 paper by Utah researchers, published in Hospital Practice

### • Social stress

Some people find the social obligations overwhelming and exhausting. Tensions can build at family gatherings.

### • Negative connotations

If this is the time of year when a loved-one died or something upsetting happened, you may feel sad or lonely.

### • Financial pressure

The holidays are expensive. Knowing you're going deeper into debt makes you feel distressed.

### • Travel tensions

Delays and bad weather can cause anxiety and worry.

### • Perfectionism

Trying to make the perfect meal, get the perfect gift, and have the perfect home decor contributes to even more stress.

### • Bad health

If you already suffer from stress, depression or anxiety, the holiday season can often add to those feelings.

### • Anxiety

For some, going to crowded places like the mall can increase symptoms of stress.

### • Addiction

People who are trying to abstain from alcohol or other addictions may have a harder time during the holidays.

### • Overindulgence

People tend to neglect nutrition and exercise goals, which takes a physical toll.



# 3 life

## Stress



Common signs of stress, says Katy Kamkar, a clinical psychologist in Toronto, include irritability, difficulty concentrating, becoming more anxious or negative, headaches, stomach problems, difficulty sleeping and feeling overwhelmed. If this holiday season is stressing you out, take a step back and re-assess. Seek support if you have feelings of depression and anxiety. And giving tasks your full attention (even last-minute ones) will help you enjoy them more.

CELIA MILNE



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# Sweat and smile Swedish style

Scandinavians always seem to be happy, healthy and stylish. Their secret? Swedercise, a fitness routine designed to be fun and seriously tough at the same time

**ROMINA  
MCGUINNESS**  
LIFE@METRONEWS.CA  
METRO WORLD NEWS IN LONDON

Pounding the treadmill or lifting weights might get you a perfect body, but in Sweden, some folks work out to Jympa, Swedercise to keep slim and smiley.

The 60-minute workout follows an exercise curve, originally developed to the beat of Swedish pop music.

Designed by experts in medicine and physiology and led by ridiculously enthusiastic instructors to ensure optimum results, the class has you jumping, stretching, punching and doing push-ups to the rhythm of Beyoncé, ABBA, Rihanna and Britney.

"The point is to make exercise accessible and fun," explains Johan Wissinger, Swedercise instructor at Friskis & Svetts.

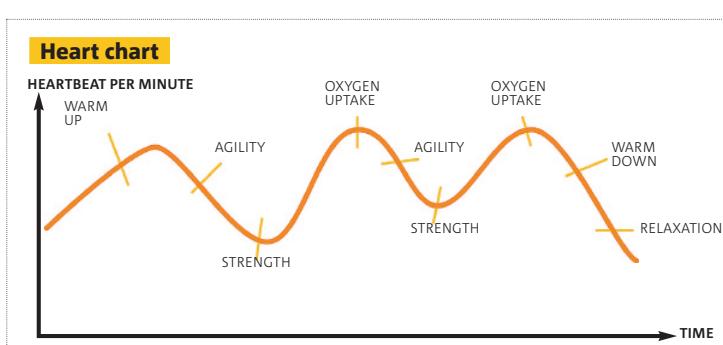
He's why, two days after the class, I can still feel every muscle in my body reacting to the workout.

"It's not about gruelling calorie counting or mindless moves, but getting a fun, full body workout."

Calories may not matter to him, but — FYI — one hour can burn up to 600 calories.

## Swedercise step by step

**Warm up:** Nothing tiring here, just 10 minutes



The concept of Swedercise is to work your entire body in time to the beat of a song (Swedish or international pop).

► The class follows an intensity curve that includes: warm up, flexibility, strength, stamina, warm down and finally, relaxation.

The chart follows your heart rate changes throughout the hour and the musicbeat is chosen to fit the changes of intensity in the curve.

spent getting your body prepared for the workout. The warm up is designed to increase your heart's capacity and avoid injuries later on.

**The song:** Kings of Leon, Sex on Fire, 150 beats per minute (bpm).

**Flexibility:** The focus is on slow, big movements to stretch out and soften the muscles.

The pace of the music here is slow and relaxing to allow you to stretch the muscles out completely.

**The song:** Beyoncé, If I Were a Boy, 40 bpm.

**Strength:** The strength training part is 100 per cent dynamic.

You're working out your arms, stomach, back, bottom and legs.

**The song:** Jay Z/Rihanna/Kanye West, Run This Town, 80 bpm.

**Cardio:** The aim is to maximise your oxygen uptake by focusing on the heart and lungs and applying pressure on joints and muscles. Look for lunges, spins, jumping and skipping.

**The song:** Britney Spears, Womanizer, 140 bpm.

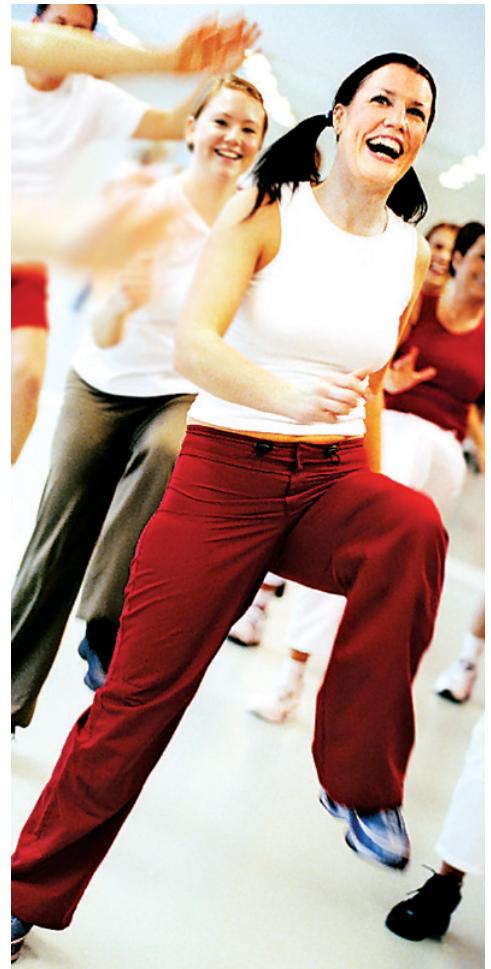
**Warm down:** The aim is to lower your pulse and help your body rid itself of the lactic acid build-up caused by working out the muscles. The moves are large, calm and relaxing.

**The song:** Jason Mraz, Life is Beautiful, 100 bpm.

**Stretching:** Several exercises are carried out to give your muscles a static



**The song:** Jason Mraz, Life is Beautiful, 100 bpm.



► Swedercise syncs strength training with pop music

**"The point is to make exercise accessible and fun.. It's not about gruelling calorie counting or mindless moves, but getting a fun, full body workout."**

JOHAN WISSINGER, SWEDERCISE INSTRUCTOR

stretch (hands reaching out to the sky or head and neck rotations).

**The song:** Alexandra Burke, Hallelujah, 30 bpm.

**Relaxation:** This is the period of recovery where you can focus on your body

and soul. Relaxing music will help you cool down and lower your body temperature. This part is a key element to the stress relief aspect of the programme.

**The song:** More of Hallelujah. And hallelujah, I survived.

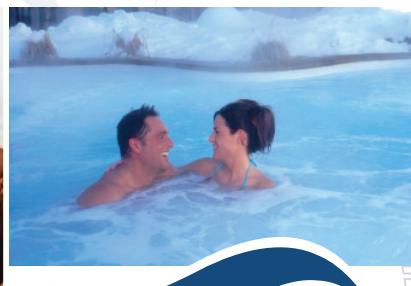
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## The Nordic super diet



Sweden is considered one of the world's healthiest nations, but you may be surprised by one food group they love.

Harley Pasternak, a personal trainer to celebrities including Lady Gaga, says Swedes swear by dairy because it's a

great source of protein, vitamin C and D. Dairy is often considered a fattening option and yet "dairy also has high amounts of calcium, helping with fat metabolism."

Choose milk and yogurt that is two per cent fat.

The Swedish diet also consists of lots of heart-healthy fish, such as salmon and herring. They favour high-fibre, dark and dense breads and, instead of using two slices for

a sandwich, they make open-faced versions using only one slice.

What makes their diet distinct?

"In Sweden they practice Lagom, which means 'just enough'" explains Pasternak. People will eat until their stomach is satisfied, not until they are full, an eating habit similar to that of the Japanese.

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### JUST HOW HEALTHY IS THAT NEW COMMITMENT TO HEALTHY EATING!

Over the next couple of weeks, most of us will probably not be as dedicated to healthy eating as we should be. For a little while, that is ok. It does not mean we should go crazy and eat huge quantities of nothing but high calorie, high fat foods. But we are only human and we cannot deny ourselves all temptations at this time of year!

That being said, we all know that the New Year is just around the corner. For many of us, with the New Year comes the dreaded resolutions!

Improving our commitment to living and eating healthy is one of the most popular resolutions people put forth. It is a commendable goal and, believe it or not, one that proves to be life improving for the many people who adhere to their goals.

However, making mistakes in this new endeavour can be bad for your overall health and also your oral health! The reality is that cutting out foods which contain nutrients your body requires can increase your risk to tooth decay and periodontal disease.

In fact, this can be a common problem amongst those who decide to convert to vegetarianism or veganism, particularly adolescents who do so.

When you move away from foods of animal origin, be that meat, fish or milk, some people have been noted to experience deficiencies in calcium, vitamin D, vitamins B-2 and B-12, along with complete proteins. If this situation is allowed to persist, teeth may actually soften.



Dr. Bao Nguyen  
Dental Surgeon

Furthermore, the surrounding gum tissue will be affected by the absence or reduction of these vital nutrients. The result could be an increased risk of periodontal disease.

The good news is that, with proper foods substitutions or supplements, these situations are easy to avoid. For instance, the appropriate quantity of fruits, vegetables, grains and legumes can usually meet these needs.

The key is to make sure you have the knowledge to know what you have taken out of your diet and what you need to eat to put it back in. That means you will need to take the time to educate yourself.

In particular, if you have an adolescent child who wants to give up meat, do not rely on them to learn how to make healthy and wise choices. We recommend that you work with them to ensure this dramatic change to their diet is not

proving to be unhealthy for them.

You should also advise your dentist that you have changed to vegetarianism or veganism. If you have done so properly, it is unlikely your dentist will notice any problems with your oral health. However, s/he might also be able to spot some of the signs of nutritional deficiencies simply by examining your teeth and gums.

Knowing you have made this dietary change, your dentist will be able to determine the likely cause of the problem and suggest how it can be improved. Not only might this improve your oral health, your overall health will also benefit.

Keep in mind it is not essential to become a vegetarian or vegan in order to eat healthy. Many people have definitely improved their health by removing meat and meat products from their diets. However, making sure that you eat more lean meat that is properly prepared and accompanied by other healthy food choices can be just as beneficial for you too. It really comes down to your choice.

Whatever changes you choose to make to your diet in your upcoming New Year's Resolution, make sure you take the time to educate yourself about healthy eating. And let your dentist work with you to ensure your mouth shows you are getting down to your choice.

Because eating a nutritious diet is a healthy habit...and healthy habits lead to healthy lives

Dr. Bao Nguyen  
- Dental Surgeon



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# Kitchen creativity

► Poet and civil rights activist Maya Angelou applies her expressiveness to savoury dishes

For Maya Angelou, the holidays bring family and friends to the table to eat, to laugh and to one-up each other.

"This is a time when people get to 'show out,' as my grandmother used to say," says Angelou, a poet, memoirist and civil

rights icon.

"Moe is going to try to out-cook Joe. It becomes amusing and delightful."

Angelou, whose second cookbook, *Great Food, All Day Long* (Random House, 2010), features holiday-worthy dishes such as crown roast and prime rib, helped a generation understand why caged birds sing.

But how about making perfect veal chops?

"I'm a cook, a serious cook," she says. "I plan meals not only for their nutritional value but for their beauty. I plan them around who's going to eat them and when."

Which makes Angelou's cooking very much like her writing. The 82-year-old Pulitzer winner approaches the kitchen with the same respect for ingredients that she gives her words.

"You have to examine and be familiar with every element," she says. "So you should know a red pepper, what it will do in a

skillet with a tablespoon of olive oil, how it will look. How if you give more heat what will happen to it."

Despite a fractured childhood shuttling between the families of her estranged parents, Angelou learned to cook much the way everyone wishes — at her grandmother's knee.

"She would say, 'Now sit down and watch me,'" Angelou says.

"I loved her so much that I followed her around."

When Angelou lived with her mother as a teenager, she watched again, learning shortcuts like making shortcake with store-bought cake mix, a luxury her grandmother in rural Arkansas didn't have.

"My grandmother didn't know anything about that," says Angelou.

"I learned both ways."

Cooking can be a gateway to creativity of all kinds, Angelou says, if you pay careful attention to the craft.

"I ask folks to read poetry, to read it aloud, so they can hear the music, the melody of it," she says. "I would encourage a person who wants to cook to buy cookbooks."

Angelou estimates her own cookbook collection at somewhere around 300 volumes.

And at this time of year, she says, cooking for others takes on a deeper meaning.

"When a person cooks for me, I like to think of the cooking itself as a gift," she says. "I'm always glad and really so grateful to anyone who cooks for me. And I love to cook for others."

THE ASSOCIATED PRESS

## Accent ham with fine wine

 PETER ROCKWELL  
LIQUIDASSETS@EASTLINK.CA

Odds are, if you're not inviting Tom Turkey to your holiday dinner table this year, you'll be tucking into a feast of ham.

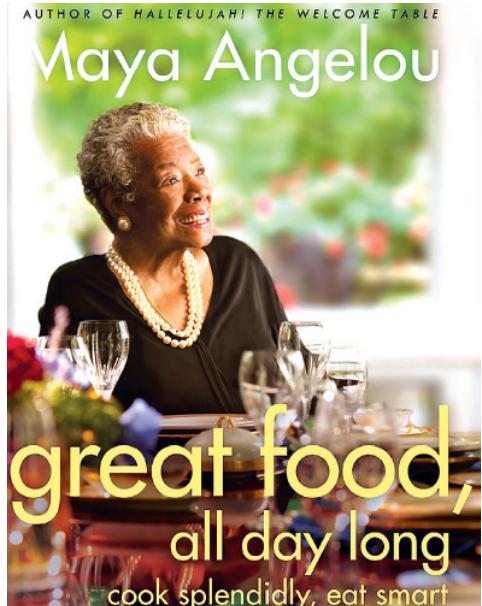
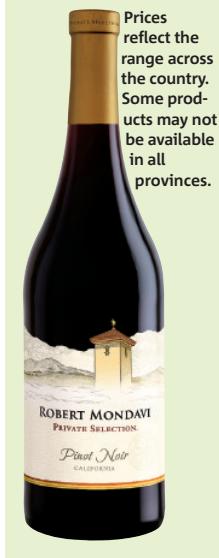
Like the big bird, the typical Christmas version of ham (glazed, fruit accented and mildly salty) is surprisingly wine friendly.

This isn't a meal to pop the cork (or unscrew the cap) of a big-boned Cabernet sauvignon or shiraz. If you're leaning to the red side, pick a fresh, fruity French Beaujolais or berry-forward pinot noir from France, Canada or California.

Robert Mondavi's 2008 Private Selection Pinot Noir (\$18.99 to \$19.99) hails from the Golden State and nicely bridges the Old and New World by swirling a touch of syrah and petite syrah into the blend. The mix gives the wine a little more oomph to go along with its deep, freshly crushed berry flavours.

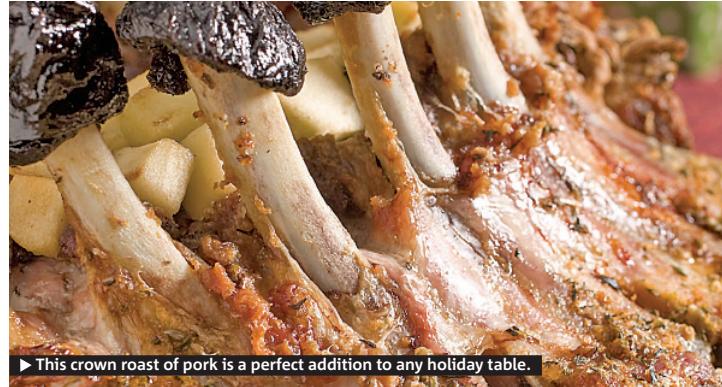
On the white side, try a German made with riesling or (if you like the idea of a touch of peppery goodness) gewürztraminer, or an unoaked chardonnay from just about anywhere. For an out-of-the-box pairing reach for a dry rosé.

Next week, I'll show you wines to match with some alternative holiday mains.



### Ingredients:

- 15 ml (1 tbsp) butter
- 3 apples, peeled, cored and cut into large dice
- 8 pitted prunes
- 5 ml (1 tsp) granulated garlic
- 5 ml (1 tsp) dried thyme
- 5 ml (1 tsp) dried oregano
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 22 ml (1 1/2 tbsp) olive oil
- 3.5 kg (8 lbs) pork ribs (have butcher fashion into crown roast)



► This crown roast of pork is a perfect addition to any holiday table.

LARRY CROWE/THE ASSOCIATED PRESS

### Crown Roast of Pork

#### Preparation:

- 1 Start to finish: 4 hours (1 hour active). Heat oven to 190 C (375 F).
- 2 In a large skillet over low, heat butter.
- 3 Add apples and prunes and sauté for 3 minutes. Remove skillet from heat and set prunes aside in a separate dish. Let cool.
- 4 In a small bowl, mix together garlic, thyme, oregano, salt, pepper and olive oil to form a paste. Rub paste into meat.
- 5 Place meat in a shallow roasting pan and roast for 30 minutes.
- 6 Reduce oven temperature to 160 C (325 F) and roast for another 2 to 3 hours.
- 7 Remove roast from oven once internal temperature reads 63 C (145 F) on an instant thermometer. Place a prune on the end of each rib and return meat to oven for 20 minutes.
- 8 Remove meat from oven. To serve, transfer cooled apples into centre of the crown roast.

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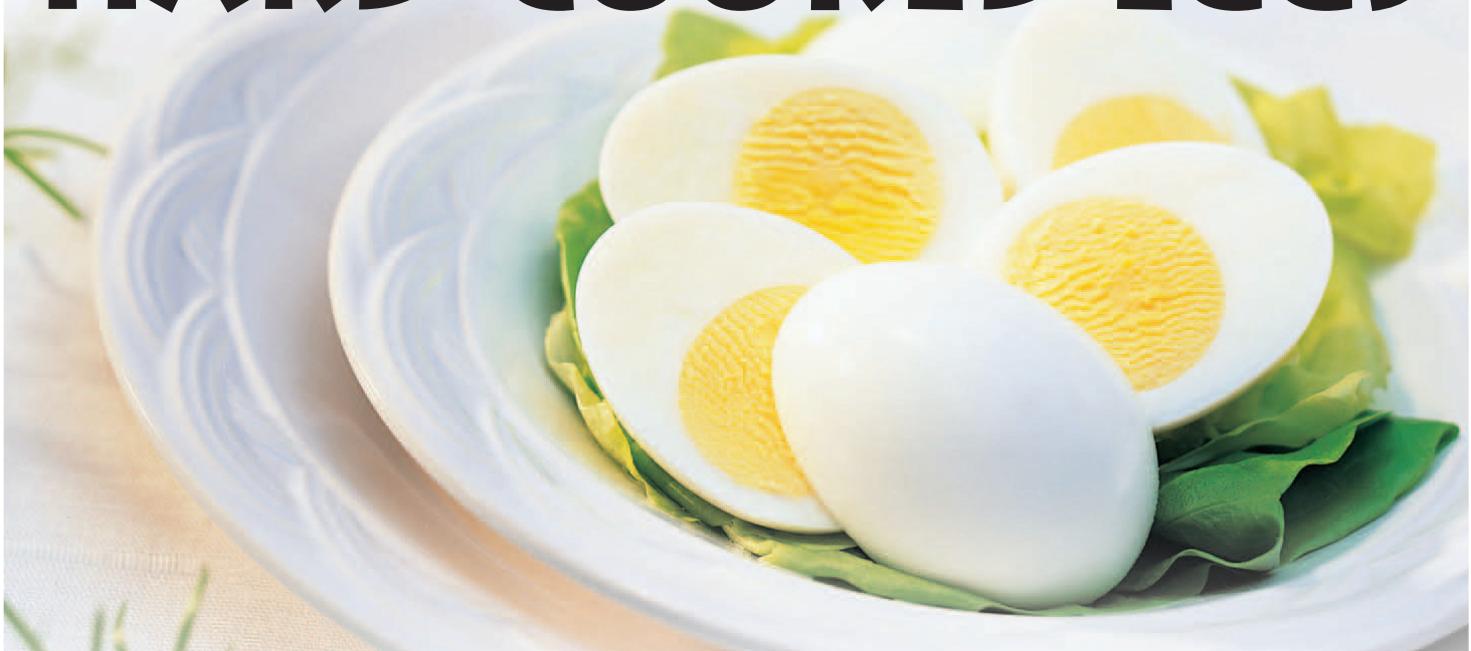
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**Names:** Brett, 27  
**Cindy, 35**

**Current city:**  
Barrie, Ont.

**Together since:**  
2007

## Their story:

# CONNECT FOR LIFE

"When I (Cindy) turned 30, I decided it was time to challenge myself..."

I'd been teaching in the same school for seven years so I applied for an exchange in Australia.

The school year began with a staff meeting. One of my new teacher friends introduced me to everyone — including Brett.

"Cindy, this is Brett," she said. When I looked up, my heart started dancing.

When I left for Australia, my mom gave me just one rule: Don't fall in love with an Aussie! So I kind of avoided Brett. Then one day (nine months later!) he boasted that he was the best at Connect Four. I disagreed!

He invited me over for a Connect Four championship. That night, he beat me at four games. I lost the games, but won the boy! Sorry mom, I couldn't help it! Fast forward three years and we're splitting our time together between our two countries. We have 'we'll make it work' attitudes — and we will!"



## Smug Marrieds

### ANGELA PACIENZA & DEREK CHEZZI

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## WHEN PARENTS PLEAD FOR GRANDBABIES

**My husband and I are newly married and both just starting our careers. But we're being pressured by our parents to have kids. How do we (politely) tell them that's not in the cards right now?**

**Angela says...**  
This is one of the worst of

fences a parent can make in my book. Having children is a personal choice. The decision is between you and your partner.

In my pre-baby years, I fantasized about telling the parental units that we couldn't have kids due to medical reasons, hoping

the guilt would keep them quiet. I never carried it out of course, but the thought did cross my mind during holiday meals when the not-so-subtle hints were being passed around along with the mashed turnips. If the badgering really bothers you, set boundaries. The only way to make them stop is to build up your



nerve and speak up. Tell them you realize they want to be grandparents, but to please respect your space and remind them that they'll be the first to know when and if you and your husband are expecting.

### Derek says...

You should resign yourself to the fact that the occasional annoying comment from a family member is unavoidable. Best if you come to terms with the fact that they will never stop asking until you squeeze out that first

grandkid. Even then, it won't end until you have at least two. And who can blame them? They aren't getting any younger; chances are their own careers and responsibilities are winding down, and they're looking for a new distraction. The best revenge would be to have four or more children so the giddy grandparents exhaust their savings, spoiling them with clothes and toys. Dump the brood off every weekend to terrorize said grandparents, so you and hubby can have alone time. Then they'll really regret hounding you.



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• DANIEL DENISIUK  
• MIA KORAB

Currently, 93 per cent of parents with teenage kids in the developed world worry that their offspring will overspend, accumulate debt or simply fail to save up for emergencies.

**What parents don't teach their kids**

- 81% haven't taught their teens how to invest money.
- 80% never worked out a back-to-school budget.
- 76% don't explain money management regularly.
- 71% never taught credit card fees work.
- 71% of kids who learned about saving money tend to save regularly.

**4 years is old enough**

Sharon Lechter of Pay Your Family First suggests to start teaching kids about finances at age four or five. Only then will they recognize the difference between a \$5 and \$20 bill. A good way to begin with is three piggy banks:



If they receive an allowance, it should be in denominations that encourage saving, easily split between three piggy banks. Introduce the subject of money, but at a very basic level — like saving for the future, being careful with money. They will retain it for the rest of their lives, says Levine.

**Wants and needs**

Kids should realize the difference between things they need and things they want. If they want something twice more expensive because of the specific brand, let them pay for the difference in price. Or make them earn it — that is what Neale S. Godfrey of Children's Financial Network recommends.

SOURCES: MAKING THE CASE FOR FINANCIAL LITERACY, 2010; WWW.JUMPSTART.ORG; CAPITAL ONE'S ANNUAL SURVEY; CHARLES SCHWAB'S 2008 "PARENTS & MONEY" AND 2009 "YOUNG ADULTS & MONEY SURVEY"; SALICE MAT'S 2008 SURVEY OF UNDERGRADUATE STUDENTS.

your credit rating. However, if you pay off your balance every month, you can save those interest charges.

Here are a few tips from the Financial Consumer Agency of Canada (FCAC) that can help you make the most of your credit card this season:

- Pay off your balance every month so you won't pay any interest charges on your credit card purchases.
- If you do carry a bal-



ance, pay back as much as you can as quickly as possible. You don't have to wait until the payment due date. The FCAC Credit Card Payment Calculator tool shows you how much you save when you pay more than the minimum monthly payment.

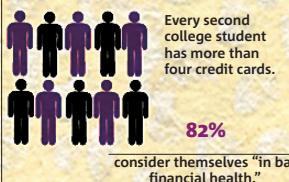
- Avoid using your credit card to withdraw cash or transfer money. Interest is charged on these transactions immediately.
- Stay within your budget when you use your card

**Interest rates/  
Savings accounts**

| BANK   | RATE  |
|--------|-------|
| BMO    | 1.35% |
| CIBC   | 0.70% |
| HSBC   | 1.25% |
| ING    | 1.50% |
| PCF    | 1.50% |
| RBC    | 1.25% |
| SCOTIA | 1.35% |
| TD     | 1.25% |
| ALLY   | 2.00% |

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Kids, teens and young adults know how to charge a purchase on a card. But do they know how to pay the bill?



Average debt of a freshman in the last four years rose by

**251%**

is by how much median debt of undergraduate students rose in the last four years.

**\$3,173**

Average credit card debt of an undergraduate student in the USA.

**\$939**

Average credit card debt while entering university in the USA.

**Protect yourself against fraud during the holidays**

Do your debit and credit cards seem to spend more time out of your wallet than in it? Be extra careful during the holidays, because fraudsters are watching.

When shopping, always protect your PIN and keep your card in sight to prevent "skimming" — when fraudsters swipe your card to record information from the magnetic strip.

Recognizing fraudulent behaviour is the best way to reduce the risk. To find out what to watch for, how to protect yourself and what to do when you detect fraud, visit [money-tools.ca](http://money-tools.ca). **NEWS CANADA**



► Be careful not to hurt your credit rating.

so you don't buy things you can't afford.

**NEWS CANADA**

## Make your credit card work for you

Credit cards can be a convenient and safe way to pay for purchases and services.

But, they can encourage buy-now, pay-later spending habits that may lead to financial trouble.

Carrying a balance on a

credit card increases the cost of everything you purchase with the card, due to the amount of interest you pay.

You could also build up debt that might take you years to pay off, or damage

your credit rating. However, if you pay off your balance every month, you can save those interest charges.

Here are a few tips from the

Financial Consumer Agency of Canada (FCAC)

that can help you make the

most of your credit card

this season:

- Pay off your balance every month so you won't pay any interest charges on your credit card purchases.
- If you do carry a bal-

ance, pay back as much as you can as quickly as possible. You don't have to wait until the payment due date. The FCAC Credit Card Payment Calculator tool shows you how much you save when you pay more than the minimum monthly payment.

- Avoid using your credit card to withdraw cash or transfer money. Interest is charged on these transactions immediately.
- Stay within your budget when you use your card

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HIGH-SENSITIVITY  
CCD

2.8" LCD  
Vari-angle

OPTICAL IMAGE STABILIZER

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STEREO SOUND



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\*TAXES EXTRA

## Favre's streak reaches its end

No more, Brett.

After 297 consecutive starts over 19 seasons, one of the greatest individual streaks in all of sports, Brett Favre ran into an injury he couldn't beat and sat down.

The 41-year-old Vikings quarterback who fought through broken bones, aches, pains and personal grief to play week after week, couldn't make it for the Minnesota Vikings last night. Favre was sidelined by a throwing shoulder too damaged for even him to overcome.

Jeff Anderson, a Vikings spokesman, announced to the public on Twitter that Favre was out: "Vikings Inactives — 12, 19, 25, 31, 76, 90, 91 ... and 4. The streak ends..."

The Vikings hoped Favre, who has started despite a broken foot and elbow tendinitis this season, could do it again when the game against the New York Giants was delayed from Sunday after the Metrodome roof collapsed. That forced the game to be moved to Detroit's Ford Field, but it was not enough time for Favre to get healthy enough to play.

Leslie Frazier, Minnesota's interim coach, said the plan was for Favre to go through a pre-game throwing routine to try to determine if he could play, but the three-time MVP wasn't on the field about 90 minutes before kickoff, and the Vikings announced moments later he was inactive.

Favre finally came out about 35 minutes before the scheduled kickoff, wearing a T-shirt and warmup pants. He hugged a teammate while receiving a few cheers from the crowd, then stood at the 15-yard line and chatted with Tarvaris Jackson, the new Minnesota starter.

Favre was injured when the Bills' Arthur Moats hit him square in the back and sent him to the turf on the third play from scrimmage last weekend.

**THE ASSOCIATED PRESS**

## 205

Consecutive starts by Peyton Manning, the new longest active streak. The Colts QB would need another 5½ years to surpass Brett Favre.



# a comeback

- Sens battle back after being down 3-1, only to fall to Thrashers in OT
- Atlanta goalie Ondrej Pavelec kept his outplayed team in the game



► Atlanta Thrashers celebrate Dustin Byfuglien's goal behind Brian Elliott.

|           |          |
|-----------|----------|
| 4         | 3        |
| THRASHERS | SENATORS |

who outshot the Thrashers 13-7 in the third period and 30-24 overall.

Trailing 3-1 entering the third period, the Senators fought their way back with goals from Chris Neil at 5:48 and Spezza on a penalty shot, at 7:23.

The goals came following a flurry of good scoring chances by the Senators,

outchanced.

Daniel Alfredsson also scored for the Senators (13-16-2).

The Thrashers headed into the first intermission with a 2-0 lead despite being outplayed in the opening period.

Slater tipped an Eric Boulton shot past Elliott at 9:36 to open the scoring, then Little corralled a rebound off a point shot and scored to give the visitors a 2-0 lead at 17:18.

Byfuglien did most of the work on the second goal as he played keep-away from the Senators before

pausing at the point and unleashing a shot that eventually found its way to Little.

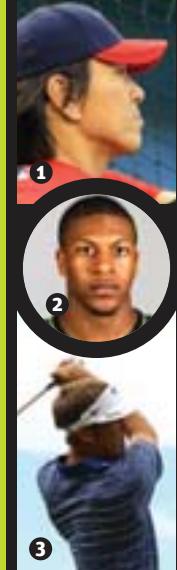
The Thrashers increased their lead to 3-0 late in the second period, seconds after the Senators misfired on a 2-on-0 break. Rich Peverley crashed the crease, jarring the puck loose for Elliott's grasp. As the puck rolled towards the goal-line, Byfuglien raced in from the slot and poked it into the net at 17:38.

Alfredsson scored less than a minute later. It was his first goal in 13 games and his first point in 11.

**THE CANADIAN PRESS**

# 4 sports

## Sports in brief



**1** Hideki Matsui and the Oakland Athletics worked yesterday to finalize a contract.

**2** Seahawks wide receiver Deon Butler will be placed on injured reserve after suffering a broken right leg.

**3** Stuart Appleby was voted the PGA Tour comeback player of the year.

**THE ASSOCIATED PRESS**

## Calderon not ready to return



STEVE RUSSELL/TORSTAR NEWS SERVICE

► Jose Calderon

Raptors point guard Jose Calderon did not travel with the team for its game in Charlotte tonight because of nagging pain in his left foot and he's not entirely sure how it came to be.

"No idea at all," Calderon said after the Raptors worked out at the Air Canada Centre yesterday. "Everything was good after the

(Dec. 8 Knicks) game and I woke up in the morning and feel a little bit of something there, it was sore, and that's how we found out. So I don't know what I did."

"But it's nothing big, nothing important, it's just going to be day-to-day so, hopefully, in a couple of days all the swelling goes down and I can go out

there. But we don't want to go too much."

Calderon got some work in Sunday and tried to take part in yesterday's practice but felt a little pain. He did some conditioning work and hopes to be back in the lineup either tomorrow against Chicago or Friday against New Jersey.

**TORSTAR NEWS SERVICE**



Scan code for more sports

# Record holder calls it a career

► 'I have zero desire to carry on, absolutely no desire,' track star says

There's already a fullness to Gary Reed's face to replace the cheeks once hollow from countless hours of training.

There were also tears and a wide smile yesterday as the world silver medalist in the 800 metres officially announced his retirement from track and field.

Despite the tears, the 29-year-old from Kamloops,

B.C., called it a "joyous, positive decision."

"It's not a decision that I've been forced into by injury, illness, anything negative," he said. "I feel like I've explored every avenue in this sport, I've turned over every stone in training, I left it all out there, and it feels good. I feel at peace, I feel happy, it's great."

Reed said he no longer has the drive to log long

hours of training and do the little things required to be a contender for a medal at the 2012 London Olympics.

"To sum it up in a one-liner, the tank is empty. I have no more gas in the tank, I have no more drive left that is needed to stand on the podium," he said at a news conference at a Toronto hotel yesterday.

Reed

was just nipped at the finish line to win silver at the 2007 world championships in Osaka, Japan, then went on to finish fourth at the 2008 Olympics, in one of Canada's top track performances in Beijing. His time of one minute 43.68 seconds set in 2008 in Monaco is the Canadian record in the 800 metres.

THE CANADIAN PRESS



► Canada's Gary Reed checks his time after a fourth-place finish in the men's 800-metre final at the 2008 Summer Olympics in Beijing.

## Canada has Top 2 at camp again

A year ago it was Taylor and Tyler and this year it's Sean and Ryan who are the "underage" stars trying to earn a spot on Canada's world junior hockey team.

Taylor Hall made the team and went on to be drafted first overall by the Edmonton Oilers, while Tyler Seguin was cut at selection camp, then went second overall to the Boston Bruins.

Instead, this year's camp has Sean Couturier of the Drummondville Voltigeurs and Ryan Nugent-Hopkins of the Red Deer Rebels, ranked as the first and second best prospects respectively for the 2011 NHL draft by International Scouting Services.

Couturier is a six-foot-three centre who was third in Quebec Major Junior Hockey League scoring with 16 goals and 35 assists when he left for the selection camp. His combination of size and soft hands has made him the early favourite to go No. 1.

"I try not to think about it," Couturier said yesterday. "I'm just focused on

making the team."

Coach Dave Cameron said he doesn't rule out selecting younger players, as long as they can play sound in all three zones of the ice.

Nugent-Hopkins, listed at only 166 pounds on a six-foot-frame, is more about speed and playmaking, as his eight goals and 33 assists with Red Deer this season attest.

"I'm not the biggest guy so I've got to use my quickness and agility to get around guys and avoid checks and stuff," said the Burnaby, B.C., native, who had an assist in the opening intrasquad contest.

For both, the draft seems a long way off and it may be easier on them as the buzz around them hasn't been quite as loud as it was for the Taylor-Tyler debate.

THE CANADIAN PRESS



## Jets tripper suspended for season

Sal Alosi fought back tears as he struggled to explain why he tripped a Miami Dolphins player during a game.

The New York Jets assistant coach apologized for his "inexcusable and irresponsible" actions at a news conference yesterday.

He was later suspended without pay for the rest of the season, including the playoffs, and fined an additional \$25,000 US.

"I wasn't thinking," the Jets strength and conditioning coach said. "If I could go back and do it again, I sure as heck would take a step back. It was just a situation where I wasn't thinking."

Alosi stuck his left knee out on the sideline and tripped Dolphins cornerback Nolan Carroll, who was covering a punt in the third quarter of Miami's 10-6 win Sunday.

"I let everybody down yesterday with my actions," a remorseful

Alosi said.

"My actions were inexcusable and irresponsible."

Carroll, a rookie, fell to the turf and lay there for several minutes before walking off.

"That's a thing that has no business in this league or anywhere else," Jets coach Rex Ryan said.

Alosi said he hadn't personally spoken to anyone from the league's offices, nor had he offered to resign.

He apologized by phone to both Carroll and Dolphins coach Tony Sparano on Sunday, and spoke to Ryan and Jets owner Woody Johnson and general manager Mike Tannenbaum about the situation.

Ryan issued a public apology to Carroll and the Dolphins at his daily news conference.

"I was stunned that something like this actually took place," Ryan said.

Ryan added that he admired the fact Alosi never denied what he did, and "that he stood up and he took responsibility."

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**NHL****EASTERN CONFERENCE**

|              | GP | W  | L  | OTL | SL | GF  | GA  | Pts | Home   | Away   | Last 10 | Strk  |
|--------------|----|----|----|-----|----|-----|-----|-----|--------|--------|---------|-------|
| d-Pittsburgh | 31 | 21 | 8  | 2   | 0  | 101 | 71  | 44  | 10-5-1 | 11-3-1 | 0-0-0   | W12   |
| d-Washington | 32 | 18 | 11 | 1   | 2  | 98  | 92  | 39  | 12-4-2 | 6-7-1  | 0-0-1   | L6    |
| d-Montreal   | 30 | 18 | 10 | 2   | 0  | 78  | 61  | 38  | 11-4-2 | 7-6-0  | 5-4-1   | L2    |
| Philadelphia | 31 | 19 | 7  | 2   | 3  | 105 | 76  | 43  | 10-5-2 | 9-2-2  | 1       | L1    |
| Atlanta      | 31 | 17 | 11 | 1   | 2  | 99  | 91  | 37  | 9-6-0  | 8-5-1  | 1       | W2    |
| NY Rangers   | 32 | 18 | 13 | 1   | 0  | 96  | 83  | 37  | 7-8-1  | 10-1   | 11-5-0  | W1    |
| Boston       | 28 | 16 | 8  | 1   | 3  | 81  | 56  | 36  | 7-5-1  | 2      | 9-3-1   | L1    |
| Tampa Bay    | 30 | 16 | 10 | 2   | 2  | 94  | 106 | 36  | 7-2-1  | 1      | 9-8-1   | W1    |
| Ottawa       | 32 | 13 | 16 | 2   | 1  | 71  | 96  | 29  | 8-3-1  | 5      | 8-3-0   | L1    |
| Carolina     | 28 | 12 | 12 | 0   | 4  | 78  | 87  | 28  | 6-5-0  | 1      | 6-7-3   | 3-3-0 |
| Buffalo      | 30 | 12 | 14 | 4   | 0  | 78  | 84  | 28  | 6-9-1  | 0      | 6-5-0   | 5-4-1 |
| Florida      | 28 | 13 | 15 | 0   | 0  | 71  | 72  | 36  | 6-5-0  | 0      | 7-0-0   | 3-7-0 |
| Toronto      | 29 | 11 | 14 | 2   | 2  | 65  | 86  | 26  | 8-6-2  | 1      | 3-8-1   | 4-5-1 |
| New Jersey   | 29 | 8  | 19 | 1   | 1  | 53  | 88  | 18  | 4-7-1  | 1      | 4-12-0  | 0     |
| NY Islanders | 27 | 5  | 17 | 3   | 2  | 59  | 93  | 15  | 3-7-1  | 2      | 2-10-2  | 1-7-2 |

**WESTERN CONFERENCE**

|             | GP | W  | L  | OTL | SL | GF  | GA  | Pts | Home   | Away  | Last 10 | Strk |
|-------------|----|----|----|-----|----|-----|-----|-----|--------|-------|---------|------|
| d-Detroit   | 29 | 19 | 7  | 2   | 1  | 96  | 78  | 41  | 11-4-1 | 8-3-1 | 6-3-1   | L1   |
| d-Vancouver | 28 | 16 | 8  | 2   | 2  | 91  | 74  | 36  | 9-3-1  | 7-5-1 | 6-3-1   | W1   |
| d-Dallas    | 29 | 17 | 10 | 0   | 2  | 83  | 80  | 36  | 11-3-0 | 6-7-1 | 7-2-1   | L1   |
| Anaheim     | 33 | 16 | 13 | 2   | 2  | 87  | 98  | 36  | 11-6-0 | 5-7-2 | 6-3-1   | W2   |
| Los Angeles | 28 | 17 | 10 | 1   | 0  | 78  | 65  | 35  | 11-2-1 | 6-8-0 | 4-1-1   | W1   |
| Chicago     | 31 | 16 | 12 | 2   | 1  | 96  | 89  | 35  | 8-8-0  | 8-4-2 | 6-3-1   | L1   |
| Phoenix     | 28 | 14 | 8  | 4   | 2  | 81  | 77  | 24  | 6-4-2  | 8-4-2 | 6-3-1   | W1   |
| Nashville   | 28 | 14 | 8  | 4   | 2  | 71  | 70  | 34  | 6-1-3  | 8-7-1 | 5-3-2   | L2   |
| Colorado    | 29 | 15 | 10 | 4   | 0  | 101 | 90  | 34  | 7-4-0  | 8-3-3 | 0       | W2   |
| San Jose    | 29 | 15 | 10 | 4   | 0  | 88  | 84  | 34  | 6-4-2  | 7-6-2 | 6-4-0   | W1   |
| Columbus    | 28 | 16 | 11 | 1   | 0  | 74  | 76  | 33  | 8-7-0  | 8-4-0 | 4-5-1   | W1   |
| St. Louis   | 28 | 14 | 9  | 2   | 3  | 72  | 75  | 33  | 9-2-0  | 5-7-2 | 4-4-1   | L1   |
| Minnesota   | 29 | 13 | 12 | 1   | 3  | 71  | 86  | 30  | 7-6-2  | 6-6-1 | 4-4-1   | L1   |
| Edmonton    | 29 | 11 | 13 | 1   | 4  | 77  | 101 | 27  | 5-7-1  | 6-6-2 | 6-3-1   | L1   |
| Calgary     | 30 | 12 | 15 | 1   | 2  | 81  | 89  | 27  | 7-6-0  | 5-9-2 | 4-4-2   | L2   |

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Last night's results**

Los Angeles 5 Detroit 0  
Atlanta 4 Ottawa 3 (OT)  
N.Y. Islanders at Nashville  
Chicago at Colorado  
Columbus at Calgary  
Dallas at San Jose  
**Sunday's results**  
Vancouver 2 Edmonton 1  
Anaheim 6 Minnesota 2  
N.Y. Rangers 7 Washington 0  
**Tonight's games**  
(All times Eastern)  
Pittsburgh at Philadelphia, 7 p.m.

**THRASHERS 4, SENATORS 3 (OT)**

**First Period**  
1. Atlanta, Slater 5 (Boulton, Thorburn) 9:36  
2. Atlanta, Little 10 (Thorburn, Byfuglien) 17:18

**Penalties** — Atlanta bench (too many men; served by Stapleton) 0:35.

**Second Period**  
3. Atlanta, Byfuglien 11 (Peverley, Anropov) 17:38  
4. Ottawa, Alfredsson 9, 18:31

**Penalties** — None.

**Third Period**  
5. Ottawa, Neil 2 (Ruutu, Kelly) 5:48  
6. Ottawa, Spezza 8, 7:23 (penalty shot)

**Penalties** — None.

**Overtime**  
7. Atlanta, Little, 9, 1:09

**Penalties** — None.

**Shots**  
Atlanta 10 4 7 3—24  
Ottawa 11 6 13 0—30

**Goal** — Atlanta: Pavalec (W,10-6-2); Ottawa: Elliott (L,10-10-1). **Power plays (goals-chances)** — Atlanta: 0-0; Ottawa: 0-1. **Att.** — 18,184 (19,155) at Ottawa.

**LATE SUNDAY****CANUCKS 2, OILERS 1**

**First Period**  
1. Vancouver, Burrows 5 (D.Sedin, H.Sedin) 6:12

Missed penalty shot — Paajarvi Edm, 7:13.

**Penalties** — None.

**Second Period**  
2. Vancouver, H.Sedin 5 (D.Sedin, Kesler) 6:37

**Penalties** — Gagner Edm (holding) 4:33, Kesler Not including last night's games

Toronto at Edmonton, 9 p.m.

**Tomorrow's games**

Boston at Buffalo, 7 p.m.

Phoenix at New Jersey, 7 p.m.

N.Y. Rangers at Pittsburgh, 7 p.m.

Anaheim at Washington, 7 p.m.

St. Louis at Detroit, 7 p.m.

Philadelphia at Montreal, 7:30 p.m.

Atlanta at Tampa Bay, 7:30 p.m.

Carolina at Florida, 7:30 p.m.

San Jose at Nashville, 8 p.m.

Colorado at Chicago, 8:30 p.m.

Columbus at Vancouver, 10 p.m.

Vcr (hooking) 14:14, D.Sedin Vcr (hooking) 17:27.

**Third Period**

3. Edmonton, Eberle 6 (Penner, Foster) 19:55

**Penalties** — Samuelsson Vcr (hooking) 2:03, Gagner Edm (tripping) 9:30, Brule Edm (board-ing) 13:58, Peckham Edm (high-sticking) 14:10, Kesler Vcr (slashing) 19:20.

**Shots**  
Vancouver 9 9 14 32  
Edmonton 4 7 1 12

**Goal** — Vancouver: Luongo (W,13-8-2); Ed-monton: Dubnyk (L,2-3-3). **Power plays (goals-chances)** — Vancouver: 0-4; Edmonton: 1-4.

**At:** — 18,189 (16,183) at Edmonton.

**SCORING LEADERS**

G A PT

Crosby, Pgh 26 25 51

Stamkos, TB 24 20 44

St. Louis, TB 11 26 37

D.Sedin, Vcr 16 20 36

Ovechkin, Wash 12 24 36

Datsyuk, Det 11 25 36

Perry, Ana 16 19 35

H.Sedin, Vcr 5 20 35

B.Richards, Dal 12 22 34

Semin, Wash 18 15 33

Backstrom, Wash 11 22 33

Getzlaf, Ana 10 22 32

Hejduk, Col 11 20 31

Sharp, Chi 17 13 30

M.Richards, Pha 11 19 30

Byfuglien, Atl 10 20 30

Heatley, SJ 13 16 29

Zetterberg, Det 10 19 29

Roy, Buf 9 20 29

Giroux, Phi 14 14 28

Not including last night's games

**NBA****EASTERN CONFERENCE**

W L T Pct GB

d-Boston 19 4 .826 -

d-Miami 17 8 .680 3

Orlando 16 8 .667 3 1/2

Atlanta 16 9 .640 4

New York 16 9 .640 4

Milwaukee 9 13 .409 9

Toronto 9 15 .375 10 1/2

Charlotte 8 15 .348 11

Philadelphia 8 15 .348 11

d-Chicago 7 17 .292 12 1/2

Detroit 7 18 .280 13

Washington 6 16 .273 12 1/2

New Jersey 6 18 .250 13 1/2

Not including last night's results

**WESTERN CONFERENCE**

W L T Pct GB

d-San Antonio 20 3 .870 -

Dallas 19 4 .826 1

d-L.A. Lakers 17 7 .708 3 1/2

d-Oklahoma City 17 8 .680 4

d-Utah 17 8 .680 4

Denver 14 9 .609 6

New Orleans 12 15 .500 8 1/2

Portland 12 15 .500 8 1/2

Golden State 11 12 .478 9

Memphis 10 14 .417 10 1/2

Houston 9 14 .391 11

Golden State 8 15 .348 12

Minnesota 6 18 .250 14 1/2

LA Clippers 5 16 .238 14

Utah 5 20 .200 16

Not including last night's results

**TRANSACTIONS****BASEBALL****MLB**

COMMISSIONER'S OFFICE—Suspended Pitts-

burgh minor league RHP Arquimedes Lorenzo

50 games for his violation of the Minor League

Drug Prevention and Treatment Program.

**AMERICAN LEAGUE**

BALTIMORE ORIOLES—Agreed to terms with

RHP Koji Uehara on a one-year contract.

DETROIT TIGERS—Named Chris

Cron manager of Erie (EL) and Dave Huppert manager of Lakeland (FL).

OAKLAND ATHLETICS—Agreed to terms with

RHP Joey Devine on a one-year contract.

SEATTLE MARINERS—Designated C Rob

Johnson for assignment.

TEXAS RANGERS—Agreed to terms with

C Matt Treanor on a one-year contract.

MINNESOTA TWINS—Recalled RHP Ryan

Kierulff from the disabled list.

DETROIT TIGERS—Recalled F Adam

McQuaid during a

Dec. 11 game.

ST. LOUIS BLUES—Re-called F Dylan

Campbell from the disabled list.

PHILADELPHIA FLYERS—Recalled F Jody

Shelley two games for delivering a hit from

behind to Boston D Adam

McQuaid during a

Dec. 11 game.

NEW YORK ISLANDERS—Recalled D Dylan

Reese and F Rhett Rakshani from Bridgeport

(AHL).

PHILADELPHIA FLYERS—Recalled F Jody

Shelley two games for delivering a hit from

behind to Boston D Adam

McQuaid during a

Dec. 11 game.

NEW YORK METS—Recalled Ken Oberkfell

bench coach, Mookie Wilson first base coach,

Dave Hudgens hitting coach and Jon Debus

bullpen coach. Retained third base coach Chip

Hale and pitching coach Dan Warthen.

SAN DIEGO PADRES—Agreed to terms with

RHP Dustin Mosely on a one-year contract.

MINNESOTA TIMBERWOLVES—Recalled G

Jenny Flynn from Sioux Falls (NABHL). NBA

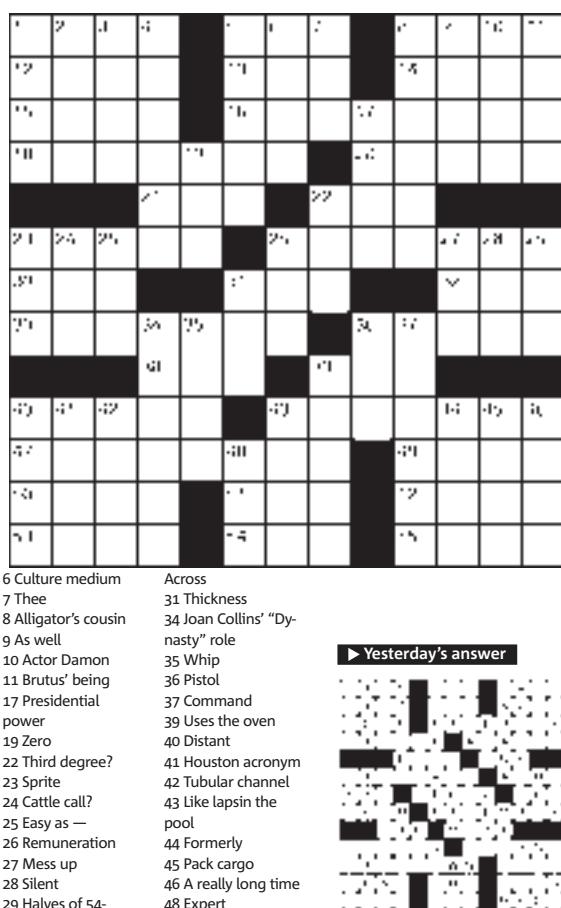
## Crossword

**Across**

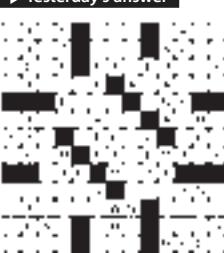
1 Unkempt one  
5 Method  
8 Arrived  
12 Protagonist  
13 Past  
14 "Oh, woe!"  
15 — the Terrible  
16 Matisse et al.  
18 Tall footed beer glass  
20 Overact  
21 Atmosphere  
22 Sch. group  
23 PDA communique  
26 Speech sound  
30 High hit  
31 Cushion  
32 Flea  
33 At the center  
36 Bacteria  
38 Minstrel's song  
39 Chignon  
40 South American range  
43 City in a Dionne Warwick hit  
47 Type of hairstyle  
49 Aware of  
50 Spore cases  
51 Poolroom stick  
52 Picture on a laptop  
53 "Phooey!"  
54 Type measures  
55 Information

**Down**

1 Ocean liner, e.g.  
2 Jeans-maker  
Strauss  
3 Exam format  
4 Dwarf tree  
5 Thin cracker



► Yesterday's answer



## Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

**Aries** March 21-April 20 It will pay to be nice to people today, especially those who might be able to further your career interests. Don't let your temper get the better of you.

**Taurus** April 21-May 21 Do you get the feeling that it's time to move on? Today's cosmic pattern will ignite your interest in faraway places. If you are brave enough to actually get up and go, it could be the best thing you ever did.

**Gemini** May 22-June 21 You need to get your finances in order, and you need to do it quickly. If you don't make the necessary changes over the next two or three days, you will find that balancing the books is almost impossible.

**Cancer** June 22-July 22 You will find it easier to reach your goals if you team up with people who share your aims and ambitions. You don't have to like one another, you just have to work together.

**Leo** July 23-Aug. 23 Listen to your conscience and do as it tells you, even if it puts you at odds with loved ones and work colleagues. You know from experience that your inner voice is seldom wrong, so listen carefully then act.

**Virgo** Aug. 24-Sept. 22 Cosmic activity in the most positive area of your chart means that if you want to do something or if there is someone you want to get close to, you must make your move soon.

**Libra** Sept. 23-Oct. 23 If there is something you can do for someone you love, do it and don't count the cost. When you do a good deed, you make it more likely that good deeds will come back to you.

**Scorpio** Oct. 24-Nov. 22 Don't let your heart rule your head today. Facts and figures must come first, both in your personal life and at work. Someone's sob story may sound credible but the planets warn it is a big con.

**Sagittarius** Nov. 23-Dec. 21 It will all come together today. Now you can see why certain things have occurred and why the powers that be have been guiding you in a new direction.

## Sudoku

|   |   |   |   |   |   |   |   |  |
|---|---|---|---|---|---|---|---|--|
| 8 |   |   | 3 |   |   |   |   |  |
| 7 |   |   | 1 | 5 |   | 3 | 2 |  |
| 5 | 3 |   |   |   |   | 6 |   |  |
| 2 | 8 |   | 1 |   |   |   |   |  |
|   |   | 7 |   | 4 |   |   |   |  |
|   |   | 9 |   | 1 | 4 |   |   |  |
| 7 |   |   |   | 8 |   | 4 |   |  |
| 6 | 1 |   | 3 | 5 |   |   | 9 |  |
|   |   | 2 |   |   | 5 |   |   |  |

## Send a KISS

Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

Cupcake, as soon as we can arrange our big day the better. I love you so much baby! I want you and our boys to have the best Xmas ever!

NELSO ALABACITO

Thank you very much for the great weekend, we had a good time. And thank you for the flowers too, love 'em Love you babe  
YOUR COCONUT

To the love of my life Tony; Thank you for being there for me, loving me the way that you do. You truly the best partner anyone could ever have. I love you with all my heart and soul  
XOX BARBARA

HOLLA AT CALLER #9!! You are the smartest and most witty girl I have ever met. Would you be my prom date?

YOUR TRULY, THE AURA

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

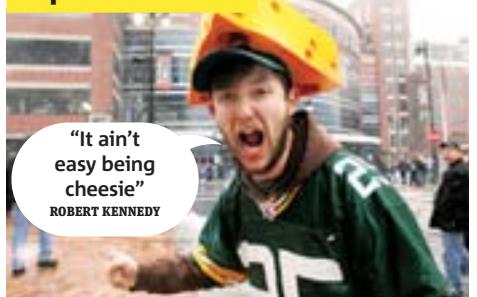
Yesterday's answer ►

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 | 6 | 5 | 4 | 8 | 2 | 1 | 7 | 3 |
| 3 | 7 | 9 | 1 | 6 | 5 | 4 | 8 | 2 |
| 4 | 1 | 8 | 7 | 2 | 9 | 3 | 5 | 6 |
| 6 | 2 | 7 | 9 | 4 | 1 | 3 | 8 | 5 |
| 8 | 3 | 9 | 6 | 5 | 7 | 4 | 1 | 2 |
| 5 | 6 | 4 | 3 | 2 | 8 | 7 | 9 | 6 |
| 7 | 9 | 1 | 8 | 6 | 3 | 2 | 5 | 4 |
| 9 | 8 | 2 | 5 | 1 | 4 | 6 | 3 | 7 |
| 3 | 4 | 6 | 2 | 7 | 9 | 8 | 1 | 5 |



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## Caption contest



ROBERT KENNEDY



Write a funny caption for the image to the right and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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# Deals of the Week



Use your mobile application

## CUBA

### Varadero

Allegro Varadero • 3★

All-Inclusive • Superior rm.  
Jan. 8 - 22 • 1 wk.

**\$659**

+Taxes & other fees: \$149  
Departure tax: 25 CUC cash, paid locally

### Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.  
Jan. 8 - 22 • 1 wk.

**\$799**

+Taxes & other fees: \$149  
Departure tax: 25 CUC cash, paid locally

### Santa Clara

Royal Hideaway Ensenachos • 5★

All-Inclusive  
Royal spa premium rm.  
Jan. 9 - 23 • 1 wk.

  
**\$1179**

+Taxes & other fees: \$149  
Departure tax: 25 CUC cash, paid locally

## USA

### Las Vegas via Montreal

Imperial Palace Las Vegas • 3★

Deluxe rm. • promo savings  
Feb. 1 • 3 nts.

**\$349**

+Taxes & other fees: \$109



## DREAMS RESORTS & SPAS

### DOMINICAN REPUBLIC

#### La Romana via Toronto

Dreams La Romana Resort & Spa • 5★

Unlimited-Luxury®  
Deluxe garden view rm.  
Feb. 5 & 12 • 1 wk.

  
**\$1499**

+Taxes & other fees: \$186

#### Punta Cana

Dreams Punta Cana Resort & Spa • 5★

Unlimited-Luxury®  
Deluxe rm.  
Feb. 5 • 1 wk.

  
**\$1649**

+Taxes & other fees: \$165

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